



Substance and Other Body Abuses

March 12, 2011



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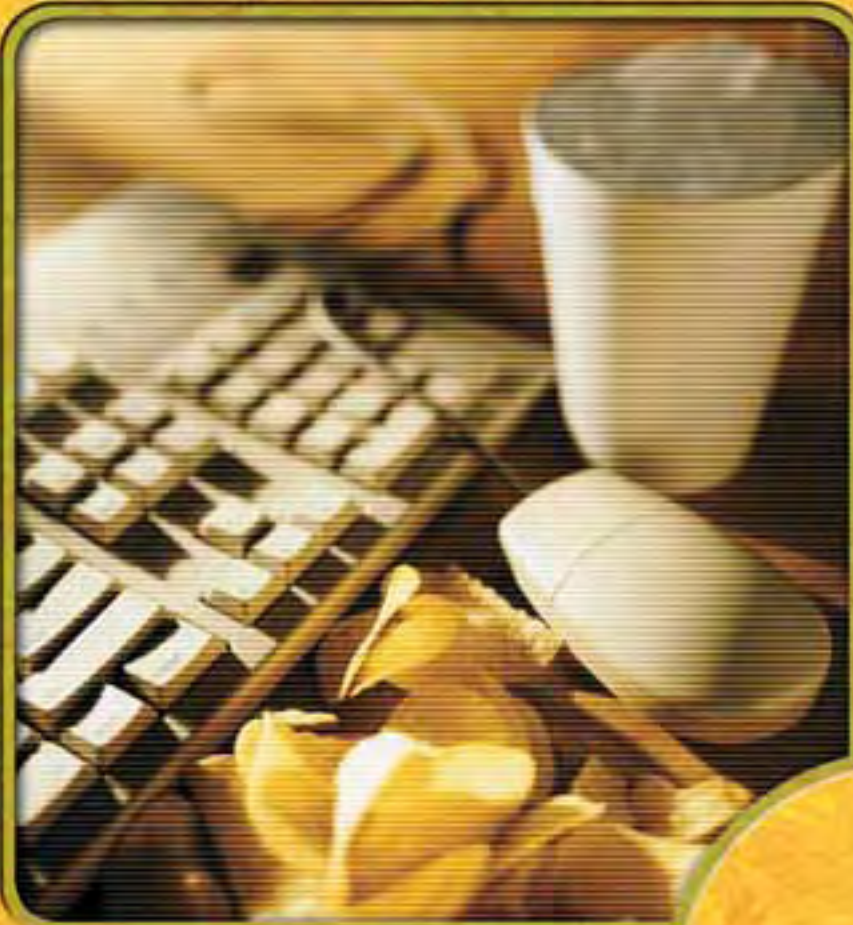
GET A LIFE!

(What connection do you think the following illustration has with the Bible texts on the other page?)

Dave and Lisa are brother and sister; so are Kate and Chris. Both sets of kids lost a parent when they were in middle school. They became step-siblings as teenagers when Kate and Chris's mother married Dave and Lisa's dad. Everything was fine the first couple of weeks, then everyone started fighting about everything. To keep the peace, their parents allowed them to each have their own computers in their rooms. Lisa, Kate and Chris had lots of other activities to keep them busy, so they didn't spend much time on the computer.

Dave was different. He holed himself up in his basement room with his headphones on so he couldn't hear anything. Many times he missed dinner with the family because his siblings thought he wasn't there when he didn't respond to them pounding on the door. When he went to college the computer was his only friend. He stayed in his dorm room for hours playing fantasy games online with strangers. He bought lots of soda to drink and had food delivered to his room so he wouldn't have to interrupt his 20-30 hour game playing sessions. He was short with his family when they called. Looking back he says, "I was too busy wanting to go back to the game. . . . It's almost like you would get with a drug addict."

After he almost flunked out of school, Dave realized that he had been wasting his life. He quit playing so often and got a real life that involved real people.—From *The Washington Post Magazine*, Sunday, July 13, 2003.



Key Text: Choose one of the texts from Wednesday's portion of the lesson. Write it here and memorize it this week.

>>

Sunday

HERE'S WHAT I THINK

>> Your friends ask you to meet them after school saying they have something for you. When you arrive, one of them is showing the others how they can get high sniffing glue they bought with their lunch money. When they offer it to you, you turn them down. One of them says, "Why not? It's not like it's illegal. It's not marijuana or alcohol." Do you agree with them? What is your response to them?

>> Log on to www.guidemagazine.org/rtf to post your responses. Be upfront and honest. Say what you think.



Monday

WHAT ARE THEY TRYING TO SAY?

Different people, different opinions. Some of the quotations below represent the views of true kingdom citizens; others may not. Can you tell the difference? How do these statements compare with what God is saying in His Word? After reviewing the texts in the God Says . . . portion of the lesson, write a statement that captures your belief. Be prepared to quote yourself at Sabbath School.

>> "As an example to others, and not that I care for moderation myself, it has always been my rule never to smoke when asleep, and never to refrain from smoking when awake."—*Mark Twain, 19th-century U.S. writer.*

>> "The measure of a man's real character is what he would do if he knew he never would be found out."—*Thomas B. Macaulay, 19th-century, English historian, author, and statesman.*

>> "The teenage years are a compelling time of life. It's fascinating to watch someone invent himself before our eyes. Jeremy is a kid we can care for and we root for him to navigate his way through these years."—*Jim Borgman, co-creator of Zits.*

>> "Opportunity may knock only once, but temptation leans on the doorbell." —*Anonymous.*

>> "You don't get to choose how you're going to die. Or when. You can decide how you're going to live now." —*Joan Baez, current U.S. folk singer.*

>> "Nothing is as certain as that vices of leisure are gotten rid of by being busy." —*Seneca (5BC to 65AD), Roman orator, philosopher, playwright.*

>> "The self is not something ready-made, but something in continuous formation through choice of action." —*John Dewey, 19th-20th-century U.S. educator.*

Write your own quotation.

What I say is . . .

>>

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Tuesday
SO WHAT?

- >> If I'm not using tobacco, drinking, using drugs, or having sex, what does it matter if I spend all my free time watching TV, surfing the Internet, playing video games, or participating in other activities I enjoy? you may ask.
- >> The answer is that, as an agent of the kingdom, you are not your own. You and all that you are and have—including your time—belong to God. That doesn't mean that you shouldn't have down time to enjoy yourself. What it does mean is that you shouldn't spend so much time on one activity that it crowds out time and energy for doing anything else, especially if that something else is serving others and building your relationship with God.
- >> As agents of the kingdom, you are called to be ready at all times. It's like being a soldier in a war. You always have to be on the alert, because you never know when or how your enemy will approach you. A lot of activities, even if they aren't bad in themselves, distract from your mission in life which is to serve God and other people. So you have to stay plugged-in to God's spirit so that you'll recognize the enemy, be prepared for the enemy, and ultimately defeat the enemy in the Holy Spirit's power.

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Thursday
WHAT DOES THIS
HAVE TO DO WITH ME?

- >> This can be the best and the worst time of your life. It can be the best because you are young and energetic and have your whole life ahead of you. At this point, you can choose to be whoever and do whatever you want to. It can be the worst time because decisions you make now can affect you for a long time, if not for the rest of your life.
- >> God invites you at this time in your life to choose Him and He will be with you in your entire decision-making process. Also, even if you end up doing something that you know is not best for you, He is still there ready to forgive you. He may not reverse the consequences of your unfortunate decision, but He will help you do the right thing next time. He will never leave you nor abandon you.

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Wednesday
GOD SAYS . . .

- >> **1 Corinthians 10:31 (NIV)**
"So whether you eat or drink or whatever you do, do it all for the glory of God."
- >> **1 Corinthians 3:16 (NIV)**
"Don't you know that you yourselves are God's temple and that God's Spirit lives in you?"
- >> **1 Corinthians 6:19, 20 (NIV)**
"Your body is a temple of the Holy Spirit, who is in you, whom you have received from God[.] You are not your own; you were bought at a price. Therefore honor God with your body."
- >> **Romans 12:2 (The Bible in Basic English)**
"And let not your behaviour be like that of this world, but be changed and made new in mind, so that by experience you may have knowledge of the good and pleasing and complete purpose of God."
- >> **Philippians 4:8, 9 (NCV)**
"Brothers and sisters, think about the things that are good and worthy of praise. Think about the things that are true and honorable and right and pure and beautiful and respected."
- >> **James 1:27 (NLT)**
"Pure and lasting religion in the sight of God our Father means that we must . . . refuse to let the world corrupt us."
- >> **James 4:7, 8 (NIV)**
"Submit yourselves, then, to God. Resist the devil, and he will flee from you. Come near to God and he will come near to you."

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Friday
HOW DOES IT WORK?

- >> Practice makes perfect. One of the best ways to avoid destructive behavior is to practice ahead of time what you will say if confronted with a temptation to do the wrong thing. Following are some situations. Write down or role play with a friend how you would respond to the following challenges.

1. A friend offers to share a substance with you that will make you feel good. When you refuse, the friend says it's legal. What do you say?

2. Girls in your school are doing inappropriate things with boys in the gym during lunch. You know everyone is supposed to be in the lunchroom at that time. What do you say when your best friend invites you to sneak into the gym with her to meet the guy she knows you like?

3. You're at your cousin's house. He has found the key to his father's liquor cabinet and has opened a bottle of alcohol. He offers to pour some into your soda bottle. "Just a little bit won't hurt," he says. What do you do?

4. You have lots of homework and chores, but you also have a new video game. Your parents won't be home for several more hours.

5. "Chewing tobacco is not like smoking it," says your brother. "Mom and Dad won't even be able to smell it on you."

